

# Zumba Challenge

## Thomas G Crowder Woodland Center

### Zumba Challenge

A cardio-dance fitness class using the zesty and exhilarating international music of Zumba. The participants will be able to participate in a party-like atmosphere incorporating easy-to-follow moves. The music is energizing and uplifting so everyone is having fun rather than feeling like they are just working out. The benefits include muscle strength, endurance, flexibility, and improved posture. This class is designed for participants at all levels of fitness who are comfortable in standing.

**Date:** Mondays 9/18—10/30 (No class 10/9)

**Time:** 6:30—7:30pm

**Ages:** 18 years and older

**Cost:** \$50 Residents; \$65 Non-Residents

**Instructor:** Janet Wise-Thomas

**Barcode:** #215279



**Parks,  
Recreation and  
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[parks.raleighnc.gov](http://parks.raleighnc.gov)

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